



SHAKIRA O'GARRO

LMHC-D

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Cheerful Heart Mental Health Counseling PLLC



Telehealth & In-person Counseling

Mon.- Wed. 10am to 7pm, Thurs. 1pm - 8pm, &



Sat. in-person in White plains, NY 10am -2pm

PROFILE

Cheerful Heart Mental Health Counseling PLLC was born out of Shakira's personal journey. After years of navigating her own medical trauma and the emotional toll of chronic illness, she realized how often women's stories of pain and resilience go unheard in traditional care systems. As a Black, English-speaking Christian practitioner she is very active in her faith tradition and feels very comfortable sharing her spiritual beliefs to support the therapeutic process. With the client's consent or request, she incorporates holistic practices such as prayer, meditation, and biblical scripture into sessions. She is also very comfortable working with clients for whom faith plays a central role in their lives.

PAYMENT INFORMATION

- Individual Therapy \$225
- Accepting Insurance: Employee Assistance Programs (EAPs), Oscar Health
- Out of Network: United Health Care, Aetna, Cigna,

AREAS OF EXPERTISE

Spirituality
Trauma & PTSD
Women's Issues

CLINICAL APPROACHES

Christian Counseling
Acceptance & Commitment
Faith-based
Trauma Focused
Integrative
Other: EMDR